



Spring 2019 Group Fitness Schedule

(Classes start the week of January 13th)

<u>Day/Time</u>	<u>Class</u>	<u>Instructor</u>
<u>Monday</u>		
6:00pm - 7:00pm	Cycling*	Maggie
<u>Tuesday</u>		
Noon - 1:00pm	Vinyasa Flow Yoga	Amy
5:30pm - 6:30pm	Strong by Zumba	Monique
6:30pm - 7:30pm	Power Vinyasa Yoga	Izabele
<u>Wednesday</u>		
5:30pm - 6:30pm	Zumba	Monique
6:30pm - 7:30pm	Power Vinyasa Yoga	Izabele
<u>Thursday</u>		
7:00am - 8:00am	Cycling	Jess
5:00pm - 6:00pm	Cycling*	Maggie
6:30pm - 7:30pm	Power Vinyasa Yoga	Izabele
<u>Friday</u>		
5:30pm - 6:30pm	Zumba	Monique

All Fitness Classes are free to students, faculty, staff, and members of the John Carroll RecPlex.

**Due to limited bikes, Cycling classes require sign-ups at the Rec Desk 30 minutes in advance of each class.*

All fitness classes are funded in part by the Student Activity Fee

If you have any questions regarding the schedule, please contact
Michael Rajka @ x1785 or by e-mail (mrajka18@jcu.edu)